



CHARLES D. BAKER  
GOVERNOR

KARYN E. POLITO  
LIEUTENANT GOVERNOR

DANIEL BENNETT  
SECRETARY

COLONEL KERRY A. GILPIN  
SUPERINTENDENT

# *The Commonwealth of Massachusetts*

## *Department of State Police*

*Division of Standards and Training*

*State Police Academy*

*340 West Brookfield Road*

*New Braintree, Mass. 01531*

March 23, 2018

From: Detective Lieutenant Michael L. Baxter #2305 *(MLB)*  
Commandant, Massachusetts State Police Academy

To: 84th R.T.T.

Subject: Physical & Mental preparation prior to Day#1

1. **DISCLAIMER:** This preparation guidance is intended to provide current and accurate physical fitness and mindset preparedness information that can be utilized in preparation for a recruit academy training program. It is offered as an informational aid only and is not intended to render individual, professional, or medical advice. Any discomfort, injuries, or questions regarding the capability of a person to perform any of the tests, programs, or activities set forth in this guide should be referred to the individual's medical practitioner. Consult your physician prior to starting a physical fitness training program.

2. **INTRODUCTION:** Physical and Mental preparedness is paramount to your successful completion of a training regimen at the Massachusetts State Police Academy. **Statistics have shown that 74% of the people that fail to successfully complete the training program leave within the first 48 hours. The majority of these individuals cite not being properly prepared to meet the physical and mental demands of academy training. They also cite injuries related to not being physically prepared to meet the physical demands of academy training.** In order to increase your chances of successfully completing the academy training program, it is essential that you participate in a proper fitness routine and mentally prepare both yourself and your family prior to entering the State Police Academy.

**RECOMMENDATIONS:**

- **Setting Goals.**

Setting personalized goals should be based on your current physical fitness level. Goals should allow you time for gradual development and advancement. The time to start achieving goals is **NOW!** The following are some benchmarks and goals you should strive for prior to day one of a Recruit Training Troop (R.T.T.).

- **Arriving day one at a healthy body weight.**

Arriving overweight or obese will exponentially reduce your chances of being successful. You should be ready to train day one without the burden of having to lose excess weight that may negatively impact your training. The only control you have while here at the academy is your level of fitness. Physical training should be something you enjoy and embrace each morning. You cannot out train a bad diet. Your body needs proper fueling before and after training.

- **Cardiovascular and Respiratory Endurance**

Running is part of the daily physical fitness program and training. Be prepared to run up to five miles per physical fitness session. In addition to daily runs, prepare for movement (running and walking) of 50 to 60 miles a week! You will run everywhere you go. To and from class, gym, chow hall, hole, etc. People who resign from the Academy often state they were not prepared for the amount of physical activity **beyond** the Physical Training Program. Don't set your goals to accomplish just the minimum standards, as you'll be expected to give 100% effort at all times. A more realistic goal in your training regimen would be to accomplish a three mile run (without walking) at 8 minutes and 30 seconds per mile (25:30).

- **Upper Body Muscular Endurance**

The bench press and push-ups are two exercises that measure upper body muscular strength and endurance. At minimum, males should be able to perform 33 pushups in one minute and females should be able to perform 18 pushups. Males should be able to perform a bench press of 99% of their bodyweight and females at 59%. Example: A male that weighs 185lbs should be able to bench press 183lbs (185x.99). A female who weighs 140lbs should be able to bench press 82lbs (140x.59).

- **Anaerobic Power**

Sprinting is one form of high intensity anaerobic exercise. Sprint work can be broken up into repetitions measuring the intensity by time or distance. Depending on your fitness level, you can create a workout of sprints between 20 and 30 seconds long, giving maximum effort during the work period followed by a one to two minute rest between sprints. The number of sprints you complete in a workout will be determined by your fitness level. As your anaerobic conditioning improves, increase the intensity by increasing the number of sprints or decreasing the rest time between sprints. This type of anaerobic conditioning will help to better serve your aerobic capacity, where training only in the aerobic zone will decrease your anaerobic capacity. Prior to arrival, males should be able to complete a 300 meter sprint in less than 59 seconds and females, 71 seconds.



4. Following these recommendations by setting goals and achieving the aforementioned benchmarks are no guarantee of individual success. Use it as a guide in planning your fitness regimen and start as soon as you can. Use this information to assist you in developing a personal fitness program in order to better prepare yourself for the training challenges and demands you will encounter during your training at the Massachusetts State Police Academy.

5. For further guidance, below are the **AVERAGE** fitness test scores for members of previous R.T.T.'s:

**TOTAL BREAKDOWN**

PT #1 Sit-ups Average – 36

PT #1 Push-ups Average – 41

PT #1 1.5 Mile Run Average – 10:08

PT #2 Sit-ups Average – 40

PT #2 Push-ups Average – 46

PT #2 1.5 Mile Run Average – 9:45

PT #3 Sit-ups Average – 44

PT #3 Push-ups Average – 57

PT #3 1.5 Mile Run Average – 9:42

**MALE – BREAKDOWN**

PT #1 Sit-ups Average – 36

PT #1 Push-ups Average – 42

PT #1 1.5 Mile Run Average – 10:04

PT #2 Sit-ups Average – 40

PT #2 Push-ups Average – 47

PT #2 1.5 Mile Run Average – 9:43

PT #3 Sit-ups Average – 44

PT #3 Push-ups Average – 57

PT #3 1.5 Mile Run Average – 9:39

**FEMALE – BREAKDOWN**

PT #1 Sit-ups Average – 36

PT #1 Push-ups Average – 31

PT #1 1.5 Mile Run Average – 11:18

PT #2 Sit-ups Average – 38

PT #2 Push-ups Average – 38

PT #2 1.5 Mile Run Average – 10:40

PT #3 Sit-ups Average – 43

6. **MENTAL PREPARATION:** The State Police Academy is as mentally demanding as it is physically demanding. Attending training at the State Police Academy is a very serious commitment that will affect you and your families.

- The training is paramilitary and **intentionally stressful** to prepare Trainees for future work in high stress situations.
- You will be away from your family and friends for 24 weeks with very limited contact during the training week.

Below are common and recurring statements from Trainees who have resigned:

- **“Psychologically more difficult than I thought.”**
- **“I feel I was pushed to the outer edge.”**
- **“A lot stricter and tougher than I thought.”**
- **“The training is more intense than anticipated.”**
- **“For me, everything seemed to snowball on me, doing everything wrong, fell behind, got stressed out.”**
- **“I’ve never been this stressed out in my life.”**
- **“I am not psychologically fit to keep attending this program. I trained myself physically but not mentally.”**

**Decide now if this type of lifestyle is for you!**